CLAIMS:

What is claimed is:

1. A method in a data processing system for indicating an end of a session, the method comprising:

receiving an identification of a session from a data structure containing a schedule; and

responsive to receiving the identification of the session, creating an audio file on a storage medium, wherein the audio file has a length equal to a length of the session, wherein the audio file includes a silent segment followed by an audio segment and wherein the audio segment provides an indication of the end of the session when encountered during playing of the audio file.

2. The method of claim 1, wherein the data structure is a file for a calendar program.

3. The method of claim 1, wherein the receiving step comprises:

receiving an identification of the session from a scheduling program.

4. The method of claim 1, wherein the storage medium is one of a compact disc, a digital versatile disc, a flash memory, or an audio tape.

5. The method of claim 1, wherein the audio segment is music.

6. The method of claim 1, wherein the silent segment is 59 minutes long and the audio segment is 1 minute long for a 60 minute session.

7. The method of claim 1, wherein a plurality of audio files are created on the optical disc in which each audio file corresponds to a session for a user.

8. A method for indicating termination of a session, the method comprising:

selecting an optical disc for a session of a selected period of time, wherein the optical disc has a track with a silent segment followed an audio segment equal in length to the selected period of time, wherein the silent segment is longer than the audio segment; and

playing the track on the optical disc using an optical display player when the session begins, wherein termination of the session is indicated when the audio segment is encountered.

9. The method of claim 8, wherein the selected period of time is 15 minutes, 30 minutes, 45 minutes, or 60 minutes.

10. The method of claim 8, wherein the silent segment is 59 minutes long and the audio segment is 1 minute long for a 60 minute session.

11. The method of claim 8 further comprising:

counseling a client during the length of the session.

12. A data processing system for indicating an end of a session, the data processing system comprising:

receiving means for receiving an identification of a session from a data structure containing a schedule; and creating means, responsive to receiving the identification of the session, for creating an audio file on a storage medium, wherein the audio file has a length equal to a length of the session, wherein the audio file includes a silent segment followed by an audio segment and wherein the audio segment provides an indication of the end of the session when encountered during playing of the audio file.

13. The data processing system of claim 12, wherein the data structure is a file for a calendar program.

14. The data processing system of claim 12, wherein the receiving means is a first receiving means which includes:

second receiving means for receiving an identification of the session from a scheduling program.

15. The data processing system of claim 12, wherein the storage medium is one of a compact disc, a digital versatile disc, a flash memory, or an audio tape.

16. The data processing system of claim 12, wherein the audio segment is music.

17. A computer program product in a computer readable medium for indicating an end of a session, the computer program product comprising:

first instructions for receiving an identification of a session from a data structure containing a schedule; and

second instructions, responsive to receiving the identification of the session, for creating an audio file on a storage medium, wherein the audio file has a length equal to a length of the session, wherein the audio file includes a silent segment followed by an audio segment and wherein the audio segment provides an indication of the end of the session when encountered during playing of the audio file.

18. The computer program product of claim 17, wherein the data structure is a file for a calendar program.

19. The computer program product of claim 17, wherein the first instructions includes:

sub-instructions for receiving an identification of the session from a scheduling program.

20. The computer program product of claim 17, wherein the storage medium is one of a compact disc, a digital versatile disc, a flash memory, or an audio tape.

21. The computer program product of claim 17, wherein the audio segment is music.

22. A data processing system comprising:

a bus system;

a memory connected to the bus system, wherein the memory includes a set of instructions; and

a processing unit connected to the bus system, wherein the processing unit executes a set of instructions to receive an identification of a session from a data structure containing a schedule; and create an audio file on a storage medium in response to receiving the identification of the session, wherein the audio file has a length equal to a length of the session, wherein the audio file includes a silent segment followed by an audio segment, and wherein the audio segment provides an indication of the end of the session when encountered during playing of the audio file.